



Small Group - Modified Yoga Workshop

Thursdays: 6:00 p.m. to 7:15 p.m.

Next 6-week series begins: **Thursday Jan. 2, thru Feb. 6th, 2020**

Feeling lost, neglected or can't keep up with pace in large gym or studio classes? Not getting needs met with internet classes? This workshop is designed for YOU! ***Try this exclusive, semi-private small group yoga personal training- a hybrid between a private lesson and regular class -for those with injuries, or other physical limitations and experience a therapeutic, Mindful approach to Yoga.***

*Designed to help you attain maximum health benefits that are relevant to YOUR needs!

You will Experience:

- ✓ Beginner- Friendly Classes
- ✓ Individual Attention
- ✓ Modifications
- ✓ Gentile corrections from an experienced Yoga Teacher
- ✓ Qi Gong techniques
- ✓ Special props and chairs used to make each pose accessible to YOUR body.

We focus on increasing:

- ✓ Functional range of motion
- ✓ Flexibility
- ✓ Strength
- ✓ Balance
- ✓ Pain relief through meditation

Weekly Themes:

- **Yoga for a Healthy Back and Core**
 - **Neck and Shoulders**
 - **Hips and Hamstrings**
 - **Knees and Feet**
- And much more***

Workshop led by Renée Bogard, E-RYT® (Experienced Registered Yoga Teacher) a former Personal Trainer, who has been teaching Yoga since 2005, helping mostly beginners, athletes and those with health limitations/injuries.

Location: 2901 E. Banta Rd. Indpls, IN 46227 (One Christian Church)

Cost: \$150 for 6 wks.series. \$28 Drop in (space available)

or \$120 if prepaid no later than Dec .26, 2019 *check/cash early bird discount

Class size very limited- Call Today to register (520) 401-1662

Mail payments to: Renée Bogard PO Box 7924 Greenwood, IN 46142

www.EssentialElementsYoga.com to download waiver, register and for more information